



DID YOU KNOW?

Dairy food facts for you and your family

FACT

Chocolate milk has the same nine essential nutrients as white milk.

- Chocolate milk has **nine essential nutrients** important for kids' growth and physical activity.
- **Chocolate milk is a great option** instead of sugary drinks like soda and fruit beverages, which make up nearly half of the added sugar in kids' diet. Flavored milks contribute about 4% of added sugar in their diets.
- More than half of the sugar in chocolate milk is a **natural sugar called lactose, found in all cow's milk.**





DID YOU KNOW?

FACT

Cow's milk **DOES NOT** contain antibiotics.

- **All milk, whether organic or conventional, is antibiotic free**, even if it does not state it on the label. Milk is tested for antibiotics, both before it leaves the farm and again at the dairy processing plant. If tested positive for antibiotics, the milk is discarded and never reaches the store.
- If a dairy cow needs antibiotics to treat a diagnosed infection, she is medicated under close watch from a veterinarian. **A cow under antibiotic treatment is tagged and her milk is not sold.** Once her milk tests free of antibiotics, her milk is then available for sale. If an organic cow is treated, she permanently leaves the herd and goes to a conventional dairy farm.

FACT

Michigan dairy farmers **DO NOT** use added hormones in the production of milk.

- Hormones are proteins that plants, animals and humans all produce naturally and needed for normal, healthy functioning. Bovine somatotropin (bST) is the hormone that all cows make naturally and regulates metabolic activities.
- RbST is an FDA approved synthetic version of bST that helps some cows increase milk production. Because of consumer preference, **Michigan dairy farmers stopped using RbST in 2008.** Scientific studies have found there is **no difference between milk from cows treated with RbST and milk from cows that are not.**

FACT

Milk is the **#1** food source of calcium in the diet.

- **Dairy foods are the major source of calcium in the American diet.** Few other foods contain naturally occurring calcium in amounts similar to milk.
- To provide the same amount of calcium found in one 8-ounce cup of milk (300mg), you would need to eat 3 ½ cups of broccoli, 1 cup of almonds or 10 cups of spinach.
- **The calcium in milk and milk products is easily absorbed and used by the body.** Some plant foods contain substances that can inhibit the body's absorption of calcium.

FACT

Lactose intolerant? The dairy case has options for you!

- If you have lactose intolerance, your body cannot break down the naturally occurring sugar, called lactose, in milk.
- Lactose intolerance affects people in different ways. Most people with lactose intolerance **can tolerate some dairy foods** and should include them in their diet because they are full of vitamins, minerals, and protein.
- **Yogurt with live and active cultures** can help break down lactose, making it easier to digest. **Aged, hard cheese** like Cheddar, Colby, Parmesan and Swiss, and **lactose-free dairy milk** are good options for people with lactose intolerance. **Lactose-free milk is real cow's milk** and the process does not affect the nutrition.

FACT

FACT: Conventional and organic milk have the same nutrition.

- **Research shows that conventionally produced dairy foods have the same amounts of vitamins, minerals and protein as organic dairy foods.**
- Strict government standards ensure that **all cow's milk, whether organic or conventional, is safe and wholesome.**
- The difference between conventional and organic milk lies in farm management practices. Most organic regulations involve feeding cows organically grown food.
- Regardless of your choice, you can be sure that **the dairy milk you choose is safe, wholesome and nutrient-rich.**

FACT

FACT: Plant-based beverages ARE NOT nutritionally equal to cow's milk.

- **Plant beverages are not good substitutes for milk** when it comes to nutrition. Many of the vitamins and minerals naturally found in cow's milk are added to plant beverages, along with stabilizers and emulsifiers, to come closer to the nutrition found in milk.
- Not only is cow's milk packed with calcium, it contains eight other essential nutrients, including vitamin D, vitamin A and B-vitamins. Many plant-based beverages have added calcium and it settles to the bottom of the carton, possibly not making it to your glass.
- **Milk has natural high-quality protein, providing 8 grams of protein per cup.** High-quality protein contains all the essential amino acids your body needs to build and maintain muscle. Alternative beverages, like almond, coconut and rice, have only a small amount of protein and may not provide all of the essential amino acids, like leucine.



MILK
MEANS MORE